



Lizzie's* Journey

Trinity House, Lockerbie

Specialist residential service with nursing, supporting adults with learning disabilities and complex needs

Lizzie's history

Lizzie is a young woman with a diagnosis of a learning disability and emotionally unstable personality disorder. She spent her childhood in her family home and at residential schools and hospitals for children with challenging behaviour. After struggling with all of these environments, at 18 she was admitted to a psychiatric hospital where she remained for many years. Lizzie was discharged to her own home with minimal support and it was clear that she was vulnerable to exploitation, needing further help before living alone in the community.

When she came to us

Lizzie moved to Trinity House in 2014 and having never lived in a group residential setting before, she felt overwhelmed by her emotions and feelings that she didn't belong. She would regularly self-harm, abscond and present with aggressive behaviours towards others. She would also self-sabotage if she felt she was not deserving of nice things, which was often.

The team at Trinity House also identified Lizzie's confidence in her abilities was low, even when the skills were there, making it difficult for Lizzie to live safely and independently in the community.

Lizzie's care

During Lizzie's early months at Trinity House, it was crucial to show her that she was deserving of all the nice things we are all entitled to. To show her this the team used a positive behaviour support approach alongside an unconditional positive regard.

The team worked with the MDT to find an approach that supported Lizzie, whilst utilising the least restrictive options available. Throughout her time at Trinity House, Lizzie had always been a very able lady and enjoyed cooking, helping others and cleaning around the home, but had just been lacking the confidence to do so.

Lizzie was encouraged to improve these skills further by focussing on the little successes in day to day life - and the staff celebrated with her.

Over time Lizzie's incidences of self-harming then ceased to be a concern, and behaviours perceived as challenging were exceptionally few and far between. Trinity House continued to support, encourage and work closely with Lizzie for a number of years. In time, her ability to manage her own independence increased and she was able to take the next steps towards more independent living.

Lizzie got herself a job at the local charity shop and 6 months later was given another voluntary position in the local hair salon. This was a huge confidence boost for Lizzie as one of the perks was free hair appointments. There were periods when Lizzie would feel overwhelmed and had small setbacks, but this was nothing she couldn't overcome with the support of the team at Trinity House.

With all the successes Lizzie had achieved it became evident she was requiring less and less support from staff, so they started the conversation with both Lizzie and her social worker to begin making plans for her future.

Lizzie today

After leaving Trinity House through an agreed transition plan, Lizzie moved into her own accommodation with access to daily support. Lizzie is absolutely thriving in the community with her new found independence and confidence. She continues to volunteer when she can and is currently looking into commencing a college course which she hopes will lead to paid work. Lizzie still enjoys popping into Trinity House for a cuppa and a catch up.

www.cygnetgroup.com

*Name has been changed to protect her identity.

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